

## Resisting Acting on Crisis Urges

At times, we react poorly to unexpected or emotionally upsetting situations. It can help to reflect on real or imagined situations and think about how resisting, rather than acting on, crisis urges could be helpful.

Think of a real situation that you feel you could have handled better, or an imagined one that you may face in the future.

Describe it below:

Thinking of the situation...

Describe the pros and cons of **acting on your urges** (those immediate, reactive, and often strong emotions):

Pros:	Cons:

Describe the pros and cons of **resisting** your urges:

Pros:	Cons:

Read through the pros and cons and consider how resisting your urges could help you maintain control and react more in line with your values.

Dr. Jeremy Sutton